

I am worried that FGM may happen or has happened to me. What can I do?

You need to talk to an adult who you trust. This may be a teacher, Student Support Officer, Sports Coach

If you don't want to talk to someone you know, you can also talk to:

Hillingdon Children's Services Multi Agency Safeguarding Hub

Email: lbhmash@hillingdon.gov.uk

Telephone: 01895 556644

Out of Hours - Emergency Duty Team

Telephone: 01895 250111

National Society for the Prevention of Cruelty to Children

24 Hour Help line — Tel 0800 800 5000

FGM Helpline

Email: fgmhelp@nspcc.org.uk

Telephone: 0800 028 3550

What might happen when I have told someone?

You have been really brave. People will listen to what you have told them and will explain to you what might happen next.



To download this leaflet, please visit

www.hillingdon.gov.uk/lscb

or call Hillingdon LSCB on 01895 277855

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Female Genital Mutilation



Information for Young People

FGM—What is it?

FGM is sometimes known as cutting

FGM ranges from a small cut to total removal of the outside parts of the female genitalia

It is usually done for cultural reasons

It is practised in a number of countries including Africa, Asia and South America

It can also happen in the UK or girls may be taken on a holiday overseas for it to happen

Some girls think it is ok to have this done to them because it is part of their culture and it signifies them becoming a woman.

It is estimated that in the UK there are approximately 20,000 girls under the age of 15 at risk of FGM every year.

Why isn't FGM ok?

It's **illegal** and a person could go to prison for up to 14 years

Health problems following FGM

Short term problems:

It is painful

You will bleed

You may get an infection

Long term problems:

Problems with pregnancy and childbirth

Continuous infections

Some people die from FGM

Menstrual problems

You may feel upset, down and depressed

